



The Home Department

Conducted by
Helen Watts McKee

"Consider the Lilies"

They have no care;
They bend their heads before the storm,
And rise to meet the sunshine warm;
They dance responsive to the breeze,
And nestle 'neath the bending trees;
They take whatever life shall bring,
As gaily as the birds that sing.

They do not toil;
Content with their allotted task,
They do but grow; they do not ask
A richer lot, a higher sphere,
But in their loveliness appear,
And grow and smile, and do their best,
And unto God leave all the rest.

They have no sin;
Their sweet bright faces they up-raise,
And shrink not from the sun's warm gaze;
And if the world should soil, the rain
Comes down and makes them clean again.
And scented, beautiful and white,
They live their lives in God's dear sight.

They have no tears;
No shadow dims their perfectness,
Their bright, pure lives the world
must bless;
Enough have they of cloth of gold;
They lift their cups the dew to hold
God cares for them, with sun and shower,
In royal robes attires each flower,
The Great of earth, with all their ease,
Is never clothed as "one of these."
—Marian Farmingham.

The Prevention of Bad Habits

Most of boys will not be persuaded from drink or tobacco by simply telling them that alcohol will destroy their stomachs or that nicotine will injure their hearts. If a boy is given an opportunity to note the action of alcohol and nicotine upon the human organism, without particular reference being made to his own personal well-being, it is probable that the information he thus gets may influence his relation towards these things; but it must be impersonal in its reference. If the alcohol really destroys tissue, demonstrate the fact by experiment, then drop the subject. The thing must not be harped on, and he must not be advised that he will suffer great harm if he drinks or uses tobacco. The boys will point to the physicians they know who risk their lives in drink and smoking, and argue that the physicians should know if these things are so, and they will believe example rather than precept. A boy whose mind is unoccupied, who runs upon the street with companions who smoke cigarettes, will, in nine cases out of ten, take to smoking, regardless of all instruction the school may give him on the subject. Young men who come from schools where they have had generous instruction in the harmfulness of the smoke habit, will very soon become addicted to the weed, if smoking is the rule. In too many towns and villages, when a boy gets an hour to himself, there are no institutions into which he can go for entertainment; and he is not allowed to occupy himself with legitimate games on the street. There is left him but the street corner and the saloon. When

he gets into the saloon, or on the street corner, he must do as the gang does. When the use of tobacco is regarded as a symbol of manhood, text books will not count for much. If our reformers would turn their attention to providing wholesome occupation for these young people, they might accomplish something. But the teaching is negative.—*Twentieth Century Home.*

House-Blooming Roses

We have several inquiries about these, asking for directions for growing roses indoors, and also for the best kinds to be grown. Any of the everblooming roses will do well in the house, if given proper care, but some are better than others. As much (or even more) depends on the grower as on the kind of rose grown. It is easy to give directions and lists, but one can in no instance insure success. If those wishing a list of free bloomers will write to any first-class rose grower, advertisements are to be found everywhere during the planting season—the list and directions will be sent direct. There are certain matters to be observed, whatever kind of roses you get. Have the pots either new, or well scrubbed and clean, inside and out. The pot must be of the proper size for the plant. Put over the drainage hole in the bottom of the pot bits of broken crockery, or very coarse gravel, and lay on this a little grass, or sphagnum moss. Have a compost of one part well rotted cow manure with two parts good garden soil—a clay soil, made friable with garden cultivation, is excellent. When your plants come, set the package in a vessel of water until the roots are thoroughly wet, and then separate the plants. Spread the roots out a little over the soil you have put into the bottom of the pot, then sift the rest of the soil needed, firming it down around the roots, leaving a space at the top of the pot of about half an inch. Water well, and set in a shady place for a day or two until the leaves brighten up, then plunge the pot in the border in a sunny place. Keep the plant and surrounding soil well watered, and sprinkle the foliage also every day, in the early morning. Pinch off all flower buds until cold weather, and don't take the plant indoors before cool weather, if you have a garden. Keep the plant clean and free from insects and disease. About 60 degrees temperature and a moist atmosphere is about right indoors. If kept too warm and dry, the red spider ruins the plant. The remedy is water and a moist temperature for the leaves.

For Midsummer Days

Blackberries, blueberries, raspberries, as well as other fruits are plentiful in July, and it is not at all necessary to cook, or bake into pies, for they can be served many ways without cooking, and are relished in whatever form they appear. Salads, too, are without number, and single vegetables, or in combination, are used in these dishes. Many vegetables are best in a raw state, and others should be cooked. Do not waste any vegetables, or fruits, but try to can as much as possible, for the cold days to come. If you are short of cans, try drying them. Beans, peas, carrots, and many such things may be dried. The beans, and peas should be gathered just before

they harden for ripening, and dried in the shell; they will thus absorb the strength and flavor of the shell, and will be excellent for winter cookery. Carrots should be sliced, either lengthwise, or crosswise, when early done growing, and dried, for soups.

Health Notes

Remember, when cleaning a house, to have the house clean when you are done with it. Every crack and corner should be cleaned out, and all dust-catchers taken down. Sunshine is the best disinfectant known, but if the sunshine can not reach the locality, there are many excellent disinfectants which should be freely used. A disinfectant kills infectious germs and prevents decomposition. By killing the organisms, the odors are prevented. Don't forget that soap and hot water and a good scrub brush are excellent weapons of warfare against disease.

Dr. Woods Hutchinson, in *Good Housekeeping Magazine*, tells us that, in his opinion, "as a practical, constant, every day, all-the-year-round source of protein for adults, there is nothing like meat; that . . . meat has little to do with the production of uric acid in the blood to excess, and that uric acid is not a cause of gout, but a symptom of various forms of chronic local infection; that both rheumatism and Bright's disease have little to do with meat, or with any other food or form of diet, except insofar as these may increase or decrease the general resisting power of the organism, but are the results of infection."

The same writer ends a very interesting article by telling us that to "eat hearty, drink hearty (of water), and work hearty is the line of greatest efficiency, of best health and of longest life."

At this season of the year, it is well to know what disinfectants to use, and how to use them. *Farmers' Bulletin No. 345* should be read by the housewife, as well as the husbandman. Some very excellent pamphlets, costing a few cents each, issued by the Public Health Service at Washington, D. C., are to be had on application and one of special importance is *Hygiene Laboratory Bulletin No. 82*, treating of disinfectants. Send for these.

Fly Destroyers

For sticky fly paper, boil together four ounces of lard or oil, one pound of resin and two ounces of brown sugar; stir well together; spread on paper or old cloth, or on a thin board, and when full of flies, scrape off and spread another coating of the mixture.

Or, the following may be used in plates or saucers: One pint of infusion of quassia chips, four ounces of brown sugar, two ounces of ground pepper; mix together well, and put in shallow dishes where required.

Rhubarb

For canning rhubarb, have everything clean and select nice, tender rhubarb stalks, matured, but not tough; cut into half-inch pieces; put a teacupful of cold water in a glass jar, then fill in the rhubarb, pressing and packing it down until as full as the jar will hold, then fill to running over, allowing the overflow to continue for sufficient time to force

out every air space, then seal airtight and put away in the fruit room. When wanted pour off the water and make pies as usual, using less sugar than for the fresh.

Pieplant marmalade is excellent. Select the stalks that have a red skin, and do not peel, and this will give a delicate tint to the dish. Cook the fruit with as little water as possible, and then cook until as thick as ordinary marmalade, being careful not to scorch. Add as much sugar by weight as there is of the rhubarb, and boil a few minutes. A bit of lemon may be added. The marmalade will require long, slow cooking—two or three hours being none too much.

Keeping the Cistern Sweet

One of our readers asks how this may be done. To have the best water in the cistern, it should be caught in the winter, or early spring months. The cistern should be thoroughly cleaned out and washed clean the first time the water in it gets low. There should be a filtering tank through which the water caught from the roof must pass to remove the organic matter and prevent fermentation. Care should also be taken to prevent surface drainage into the cistern, and this will necessitate walling and cementing. The cistern may be plastered directly on the earth walls, but it is liable to "cave" off, and it is better to wall it with brick and stone, then plaster with cement. Before letting in the water, the roof should be allowed to wash off until the water is clean, then turn it into the filter tank. Several large pieces of charcoal in the bottom will do good. If the cold, heavy rains of the early spring, or late winter are admitted after the roof is washed clean, the water will be sweet and clear and cold, and not so liable to sour.

Using the Peach

Mrs. S. H. says she has eaten what is called peach cobbler, and would like to know how to make it. Here is a good recipe sent in by one of our farm sisters: "For a peach cobbler, peel very thinly, but do not stone cling peaches; put them on to stew with a little water and sugar until quite tender. Have ready a short biscuit dough and roll thin; turn the stewed peaches into a baking pan; if you like you can pick out the stone, or leave them in; cover with the crust after putting a tablespoonful of butter and a cupful of sugar to them. Cut a slit in the center of the crust to allow the steam to escape, and bake brown; lift off the crust and lay top-down in a large dish or platter and turn the peaches on it. To be eaten cold with rich milk or a cream sauce, if liked."

Saving the Melon

Here is an idea for the housewife whose small family can not use a whole melon at one sitting: In serving, cut the watermelon across, not lengthwise, and use up one end first. Then, melt a little paraffin, and dip the cut end of the other half in this. It will harden immediately, and if kept cool, will have as good a flavor as the first cut.

Some Contributed Recipes

When making apple sauce for early consumption, add to it, while cooking, and nearly done, a pint or more of blackberry juice, and this will give it a delicious flavor.

If your supply of vegetables should fall, try macaroni. Put into salted boiling water a sufficient quantity and boil it for twenty minutes; longer will not hurt, as it should be done. Then turn off the water and put in alternate layers of cracker crumbs and macaroni in a baking dish; grate cheese over the top and